



# Lesson Plan: Making Eating Fun



Time Frame: 30 Minutes

By the end of this session, participants will be able to:

- Plan a meal that children can help prepare.
- Identify ways children can help with meal preparation or help in the kitchen.

Materials needed:

- USDA Food Guide Pyramid.
- USDA Food Guide Pyramid for Young Children.  
(Both Food Guide Pyramids available at <http://www.usda.gov/cnpp>).
- Photocopies of *Making Eating Fun* tip sheet.

Procedure:

- Discuss the fact that eating provides pleasure and nourishment. People enjoy the taste, smell, color, and texture of foods. Mealtimes also provide an opportunity to relax and talk with your family. By remembering a few basic concepts, cooking and mealtime can be easier and more enjoyable:
  - Children need to choose what and how much to eat of what you decide to serve.
  - Parents control which foods are brought into the house.
- Are you concerned about what and how much to feed your children? Let the Pyramid be your guide. Discuss the new Food Guide Pyramid for Young Children (in relation to the USDA Food Guide Pyramid), which offers nutrition guidelines for two- to six-year-olds, emphasizing a variety of child-friendly food choices.

The U.S. Department of Agriculture (USDA) prohibits discrimination in all of its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, or political beliefs. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's Target Center at (202) 720-2600 (voice and TDD).

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14<sup>th</sup> and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD).

The "Eat for Health" Campaign was developed by the Missouri Nutrition Network, a nonprofit, collaborative effort of public and private organizations throughout the state. Partial funding for this project comes from the United States Department of Agriculture (USDA).

<http://www.dhss.state.mo.us/MissouriNutrition>

- Make your meal a fun learning experience and an important social and family event — these benefits reach far beyond nutrition. Making children feel like an important part of meal planning may boost the chance that they will eat what they have chosen.

**ACTIVITY:** Have the participants pretend their kitchen is a restaurant, with their children selecting and making the “Specials of the Day.” List typical foods in the house. Discuss starting with common foods that children enjoy (i.e., macaroni and cheese), and letting them “add to it.” Discuss what children of different ages can do to help make the meal. Emphasize that every child can help! Certainly, don’t let a two-year-old carry the eggs, unless you are prepared, and willing, to clean up a mess!

#### Evaluation:

Each participant will plan a meal that their children can help with and identify two ways their child can help with meal preparation.

